

The Ramadhan Guide
For
The Google & "Like Us" Generation



Designed, Prepared and Put Together by:

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The Ramadhan Guide

For The Google and "*Like Us*" Generation

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FOREWARD

According to the *SocialMediaToday* website, teens spend up to nine (9) hours a day on social platforms, while 30% of all time spent online is now allocated to social media interaction. And the majority of that time is on mobile - 60% of social media time spent is facilitated by a mobile device.

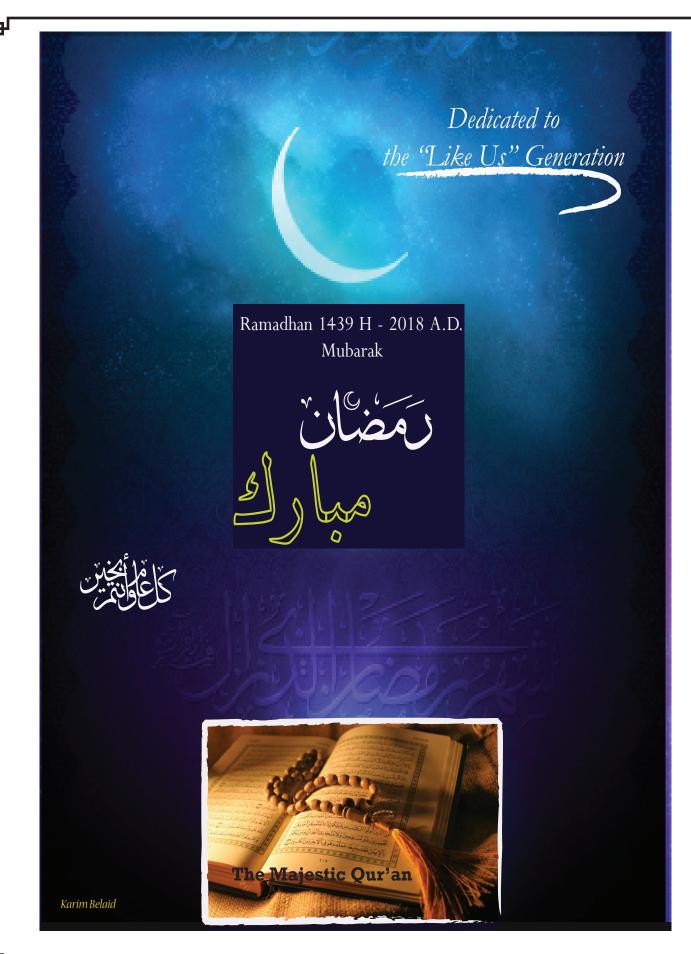
The *Social Media Revolution* of the *21st Century* is unprecedented in human history, and will certainly impact the next generations-and the impact will transform the way humans communicate. Traditional communication platforms are threatened if they don't adapt to the new ways communication is shared and consumed.

This Guide came to crystallization over a reflective day that I personally had during the 1st week of *Ramadhan of 1439 Hijri - May 2018 A.D.* I had thoughts involving the *Muslim Youths* who live in the West and, unlike my generation, they face continuously evolving challenges visà-vis their traditional values and roots that they have picked up from their parents and surrounding Muslim environments. The Guide, in its 1st edition-though slim and short, aims at presenting some fundamentals of the month of Ramadhan to the "Digitally-Engaged" Muslim Youths in a way that aligns with their mind-sets and preferred style of consuming information. I have included, at the end of the Guide, some "Cool Apps" that have made it to the top in the Muslim world and revolve around the Muslim faith with its eclectic facets to spice up its content for the "Like Us" Generation.

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Serving the "Like Us" Generation



Assalam

Alaikum

Millions of Muslims around the Globe embrace the holy month of Ramadhan every year. It is a tradition that goes back to the time of the inception of the faith itself by the *Prophet Muhammad*-upon him be blessings and peace. The fast tradition, as instituted by the great master of the faith, embeds in its core a sacrosanct practice which stems from deeply rooted virtues that meet universality in terms of acceptance and potential adherence by truth seekers when examined by unbiased minds, regardless of the confessional practice and convictions of the examiner(s).

What has inspired this succinct and slim guide is the rapid and amazing changes that the human race is growing through in the 21st Century vis-à-vis the way they receive and process information. The metamorphosis phenomenon that we are witnessing Social Media induce in the realm of communication exchange in human society is unprecedented. Growing up in the seventies in Algeria/North Africa, the means of communications that were used in that time-seemingly a remote time when I come to think of it-are obsolete and not very relevant in our time and suffer lack of ubiquity.



Traditional and confessional practices in our time were taught and implemented through traditional mediums that necessitated a physical presence of a revered teacher who, basically, conveyed the chains of traditions that he/she was a recipient of via the deeply rooted human teaching practices that were established throughout the life span¹ of the Islamic faith.

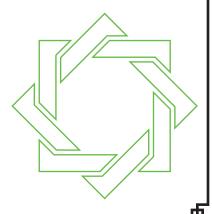
To convey those traditions to the masses and the "Like Us" generation through traditional teaching methods in the age of Social Media would be resisting an imposing shift that seems to spread and gain recognition with the speed of light. Therefore adapting traditional methodologies to the new realities of the 21st Century would be a step in the right direction. Though traditionalists may have a natural incline to the established ways, upgrading their methods seem to be gaining momentum by the traditionalists themselves. This is corroborated by the teaching of the various religious sciences via Skype and Social Media Platforms.

Deprivation of passing to modern teaching methods and facilitating the change by social media tools seems incumbent upon the message carriers of the Islamic faith. This is exactly why social media must be deployed and employed to continue the custom of passing on traditions, rooted virtues, and knowledge acquired in our generation to the "Like Us" generation in a way that is aligned with their preferred ways of consuming information and processing it.

^{1 1452} years.

This miniature guide delves into the Islamic fast/Ramadhan tradition and extract gems that are light in content and inspiring in depth and meaning for the "Like Us" generation. This generation seems to be short of time-all the time-and is heavily burdened by digitized tasks and digital activities-all the time. The guide aims at feeding the youth and the busy professionals with the essence of what it means to embrace the holy month of Ramadhan in the 21st Century-seamlessly and inconspicuously.

karim Belaid.







Pearls

of

Ramadhan

Easting has many purposes relating both to the Lordship of Allah¹ and thanksgiving for His bounties and to man's/woman's individual and collective life as well as to his/her self-training and self-discipline. Needless to say: Nothing that is worthwhile in man's/woman's worldly acquisitions comes without applying devotional focus and discipline to it.

Fasting is a time to take the focus off of sustaining or entertaining one-self with too much digital media-as the "Like Us" generation would do-perhaps to no avail. Ramadhan calls for focusing our hearts on strengthening our relationship with our Designer² and direct our resolve for the purposes of serving the noblest mission on Planet Earth assigned to us by the All Wise³.

Easting prevents the carnal self from rebellious acts and adorns it with good morals and sublime piety. The carnal nature of the human soul rushes upon the acquisition of worldly gains with an aggressive greed and unwavering attachments as if nothing mattered but the acquisition of luxury and comfort for the mere and ephemeral life. In this state of forgetfulness and un-mindfulness the human soul strays away from its Designer.

God, the Creator, the Omniscient.

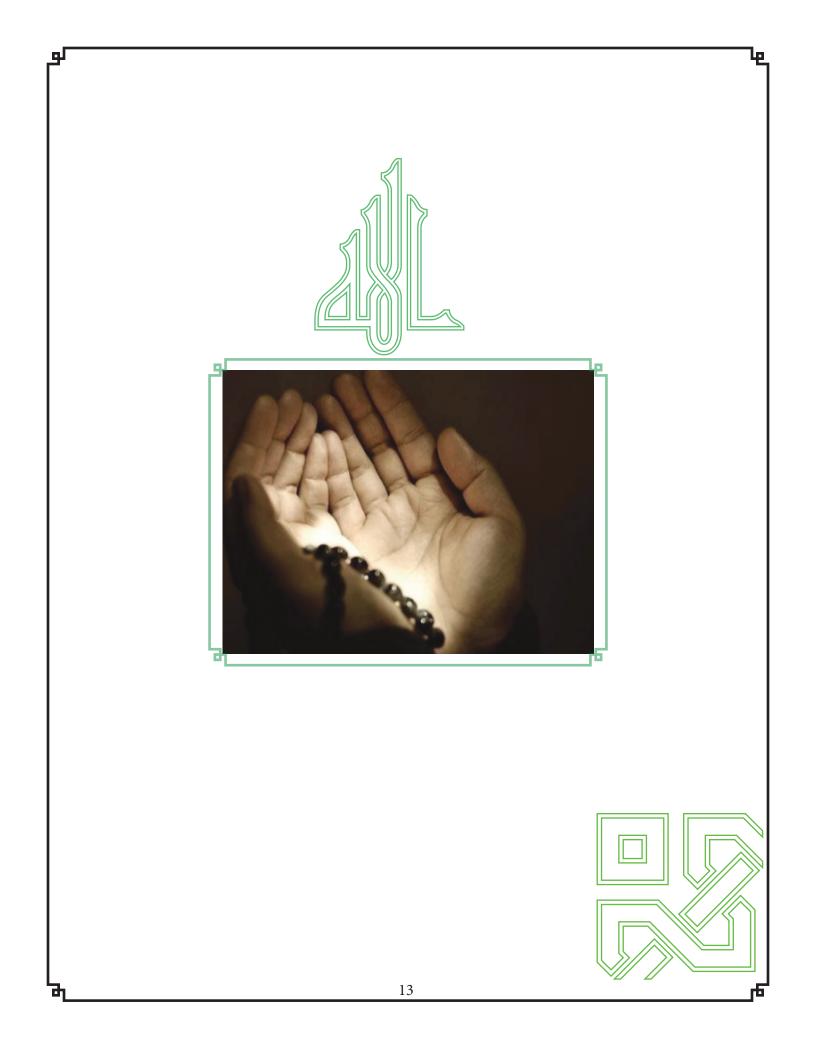
² Allah-God.

³ Same as above.

Being immersed in the swamp of bad morals and vain activities it thinks about neither the consequences of its monolithic focus nor does it consider a possible day of reckoning for his/her self-centered gains and deeds.

Fasting causes even the most heedless and stubborn to feel their weakness and innate poverty. Hunger becomes an important vehicle for the spiritual seekers and reminds them how fragile their constitutions are. They come to perceive to what extent they need compassion and care and giving up haughtiness feel. All of the above states of mind yield to the compelling and burning desire to take refuge in the Divine mercy, and realize a state of helplessness and destitution. The natural progression to rise, submissively, to knock at the door of the Merciful is attained through the path of least resistance, for reaching that state of conviction pushes the soul organically to its natural destiny with the hand of tacit thanksgiving-provided of course that heedlessness has not yet corrupted the previously unruly and in-docile individual.





Supplications and everyday Essentials

Intention for beginning the fast

و بصوم غد نویت مِنْ شَهْرِ رَمَضَانً."

"Wa bisawmi ghadin nawaytu min shahri ramadhaan."

"With the fasting of tomorrow, I intend to keep the fast of the month of Ramadhan."

Breaking the fast

"اللَّهمَّ لكَ صُمْتُ وَ بِكَ امَنْتُ و عَلَيْكَ تَوَكَّلتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ."

"Allahumma laka sumtu wa bika aamantu wa alaika tawakkaltu wa'ala rizkqika aftartu."

"O Allah! I have fasted for you. I believe in You and I put my trust in You, and I break my fast with Your sustenance."

A supplication gem to remember during the month

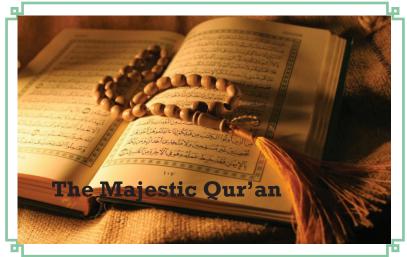
"اللَّهُمَّ إِنَّكَ عَفْقٌ كَرِيمْ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي."

" Allahumma innaka afuwwun kareemun tuhibbul' "afwa fa'fu annee."

"O Allah, You are Generous and Forgiving. You love forgiveness, so forgive me."









Ramadhan the month of The Qur'an

The holy month of Ramadhan was the month in which the *Majestic Qur'an* was revealed to the *Prophet Muhammad*-blessings and peace be upon him. It is one of the most influential books in the history of mankind¹. The Glorious Book has the same historical roots as Judaism and Christianity and consists of 114 chapters, each known as "Surah". It initially didn't exist in a written form (the word Qur'an is derived from Arabic for "to recite") and was compiled in one book after *Prophet Muhammad*'s death in 632.

So, take this amazing opportunity-the opportunity of the month of Ramadhan, to acquaint yourself with its content, poetic harmony, wisdom and powerful grasp on tender hearts.

If you want to experience angelic states, pick up a Qur'an translation by the renowned British journalist and convert to Islam, Marmaduke Pickthall², or visit the following website (*see footnote*)³.

¹ http://historylists.org/other/10-most-influential-sacred-texts-in-history.html

The Holy Qur'an: Transliteration in Roman Script and English Translation with Arabic Text

The Holy Qur'an: Transliteration in Roman Script and English Translation with Arabic Text. https://www.amazon.co.uk/Quran-Marmaduke-Pickthall/dp/B007QXB77Y

³ Qru'an by M. Pickthall - http://www.khayma.com/librarians/call2islaam/quran/pickthall/

Some Merits of Reading the Qur'an	Etiquettes to Observe
The Prophet Muhammad-(pbuh)-is reported to have said:"The best amongst you is the one who learns the Qur'an and teaches it." (Narrated by Imam al-Bukhari.)	Be in a state of ritual purity (ablution-"wudhu") when reading it. Face the Qiblah (direction to Mecca).
"The Qur'an will intercede for its readers on the day of resurrection." (Narrated by Imam Muslim.)	 Wear clean clothes. Be in a state of tranquility. Ponder about its verses. Delve into its wonders.
"Each letter read from the Qur'an is rewarded with a good deed, and each good deed is rewarded ten-fold." (Narrated by Imam al-Tirmidhi)	©Connect deeply with your purest intention to the One who Revealed it. ©Immerse yourself with its eclectic facets and wonders. ©Let yourself enjoy the moment and don't rush and think of using your "Mobile Device"!

Embrace a Sweet Challenge?

Read 4.5 pages after each prayer *and you will*have completed the Qur'an in 27 days approximately



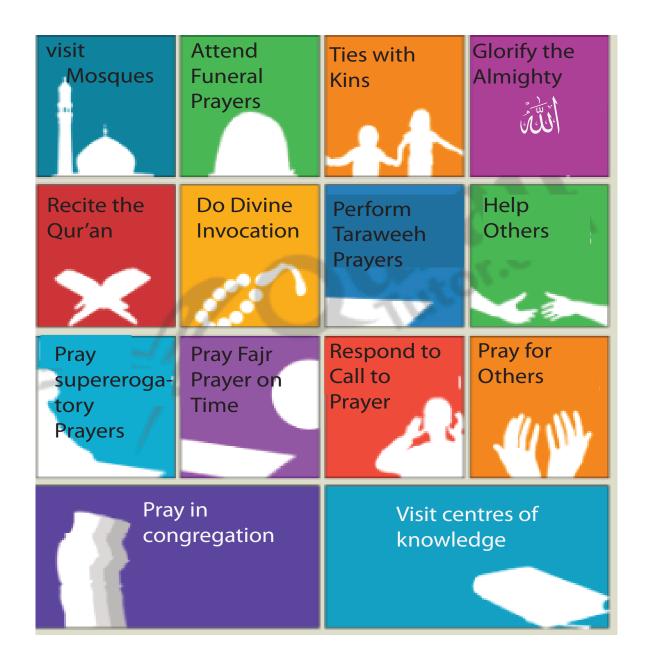


Awesome
Deeds to Do
during
Ramadhan

Awesome

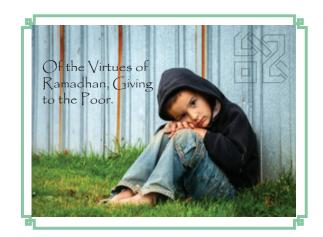
J_W

deeds to do during Ramadhan



Of the Virtues Of Ramadhan





Nutrition

in

Ramadhan

Sages of all traditions and confessions concur that eating well is an integral part for the purposes of attaining a good spiritual well being state/station. Eating unhealthy foods such as fried foods and consuming increased sugar amounts spoil the benefits of the sacred month. Being selective about good foods that provide energy and mood enhancements are essential to consume during the month. Below is a list of suggested foods that offer optimal energy and contribute greatly to the overall benefits that a faster can derive from the fasting of Ramadhan¹.

Foods for Energy	To avoid feeling bloated and								
	lethargic								
• Bananas	• Figs								
• Dates	• Dates								
Brown rice	 Whole-wheat bread 								
 Porridge/oatmeal 	• Oats								
• Eggs	Brown rice								
 Poultry & Fish 	Broccoli								
	• Pears								

The list of suggestions is-in no-way, a recommendation to anyone. Every person reading the list should consult with his/her nutritionist for their suitable and recommended diet during the month of Ramadhan.

Follow the way of the beloved teacher, Prophet Muhammad's way (PBUH)	Etiquette of sharing food
Always invoke the Sustainer's name before starting.	 Give way to elders people to start first.
 If breaking the fast with dates, pick an odd number and enjoy and savor every date while being in a state of tranquility and peace. 	Converse with people who are eating with you.
• Eat with your right hand.	 Give privacy to people who are eating with you.
Be grateful for the food.	• Be considerate of others and use polite, fruitful and fun conversations only.
• Fill 1/3 of your stomach with food-if you have to, and a 1/3 with water-if you have to; though drinking too much water during breaking the fast is not good for your digestion.	Pace your eating to align with the pace of people who are eating with you.



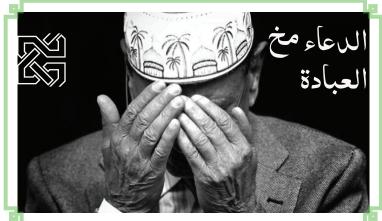




Daily Activities	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
during Ramadhan																														
Worship																														
Prayed my five daily																														
prayers in congrega-																														
tion.																														
Prayed Taraweeh in																														
local mosque.																														
Made morning invoca-																														
tion after dawn prayer.																														
Prayed supererogatory																														
prayers ("Nafilah").																														
Acquainted myself																														
with (1-2, etc) perti-																														
nent prophetic suppli-																														
cations.																														
Qur'an																														
Read a chapter, etc.																														
Memorized (amount?)																														
Comprehended the																														
chapters read (exege-																														
sis-"tafsir".)																														

Daily Activity during	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Ramadhan																														
Sunnah of Prophet																														
Muhammad (pbuh)																														
Practiced one/etc.																														
Sunnah of the Prophet																														
(pbuh).																													l '	
Awesome deeds																														
Visited mosques.																														
Attended a funeral																														
prayer.																														
Called my parents/a																														
family member.																														
Helped others.																														
Attended Fajr prayer																														
in mosque.																														
Prayed in congrega-																														
tion.																														
Visited a center of																														
knowledge.																														
Exercised to take care																														
of my body.																														







Wintell The Items

The 99 Divine Attributes





Ъ

Allah The Greatest Name



Ar-Rahman The All Compassionate



Ar-Rahim The All Merciful



Al-Malik The Absolute Ruler



Al-Quddus The Pure One



As-Salam The Source of Peace



Al-Mu'min The Inspirer of Faith



Al-Muhaymin The Guardian



Al-'Aziz The Victorious



Al-Jabbar The Compellor



Al-Mutakabbir The Greatest



Al-Khaliq The Creator



Al-Bari' The Maker of Order



Al-Musawwir The Shaper of Beauty



Al-Ghaffar The Forgiving



Al-Qahhar The Subduer



Al-Wahhab The Giver of All



Ar-Razzaq The Sustainer



Al-Fattah The Opener



Al-'Alim The Knower of All



Al-Qabid The Constrictor



Al-Basit The Reliever



Al-Khafid The Abaser



Ar-Rafi' The Exalter



Al-Mu'izz The Bestower of Honours



Al-Mudhill The Humiliator



As-Sami' The Hearer of All



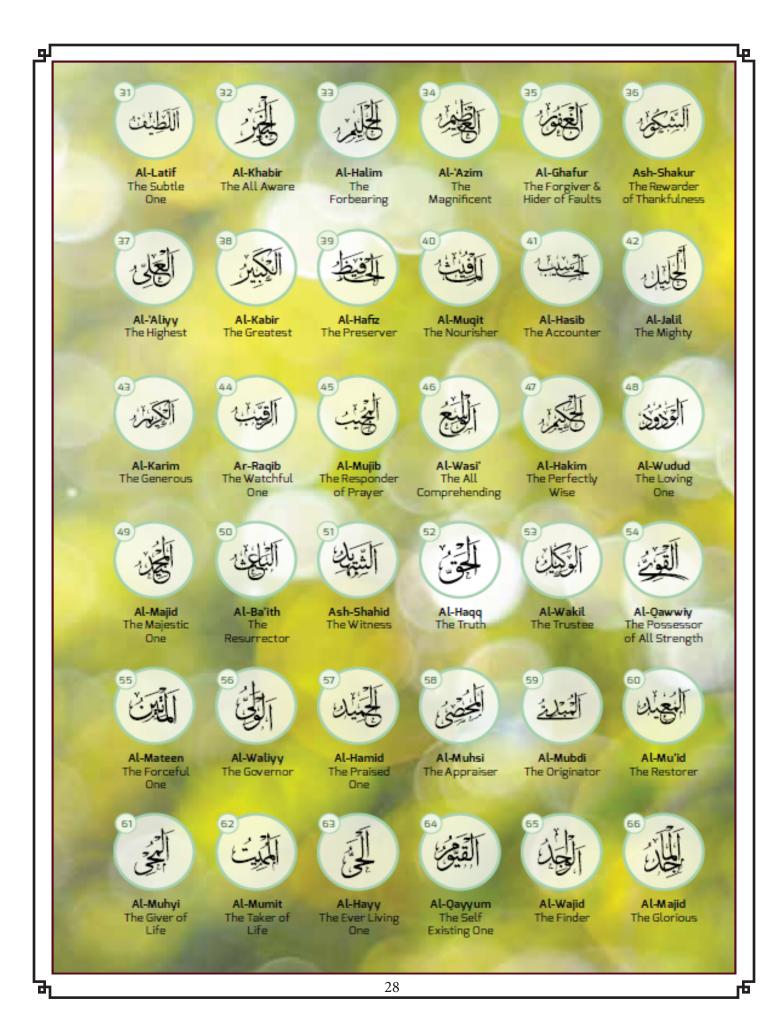
Al-Basir The Seer of All



Al-Hakam The Judge



Al-'Adl The Just





لو

The One, The All Inclusive, The Invisible



As-Samad The Satisfier of All Needs



Al-Qaadir The All Powerful



Al-Muqtadir The Creator of All Power



Al-Muqaddim The Expediter



Al-Muakkhir The Delayer



Al-Awwal The First



Al-Akhir The Last



Az-Zahir The Manifest One



Al-Batin The Hidden One



Al-Waliyy The Protecting Friend



Al-Muta'ali The Supreme One



Al-Barr The Doer of Good



At-Taw wab The Guide to Repentance



Al-Muntagim The Avenger



Al-'Afuww The Forgiver



Ar-Ra'uf The Clement



Malik-al Mulk The Owner of All



Dhul-al Jalal wa-al-Ikram The Lord & Majesty & Bounty



Al-Muqsit Equitable One



Al-Jami' The Gatherer



Al-Ghani The Rich One



Al-Mughni The Enricher



Al-Mani' The Preventer of Harm



Ad-Darr The Creator of the Harmful



An-Nafi' The Creator of Good



An-Nur The Light



Al-Hadi The Guide



Al-Badi^{*} The Originator



Al-Bagi The Everlasting



Al-Warith The Inheritor of All



Ar-Rashid The Righteous Teacher



As-Sabur The Patient One







Apps for the

"Like Us" Gen.

collowing is a list of Apps that are designed to serve specific and eclectic Muslim needs. Whether it is to find out the specific prayer time schedule for the exact location where you are on Earth or find the "Qiblah"/direction of Mecca. The selected Apps have made it to the top of the list in the Muslim world¹. The Zabihah App, for instance, is a great application that will help you locate, wherever you might be on Earth; stores; restaurants and places of worship that a Muslim traveler would find very convenient.

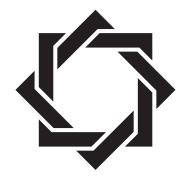
≩App.	Description	@eb-link
The Majestic Q		
"Quran Com- panion"	It helps you implement 7 essential steps to make of the memorization of the Qur'an easy, enjoyable and fun.	https://quranac- ademy.io
"Mengaji"	Qur'an Recitation / Social Network—Kuala Lumpur, Malaysia. Founded by the Malaysian rapper and serial entrepreneur Ariz Ramli (AKA Caprice) Mengaji is a Qur'an platform focused on millennial Muslims in south east Asia.	google.com/ store/apps/de- tails?id=com. mengaji&hl=en_

https://ummahwide.com

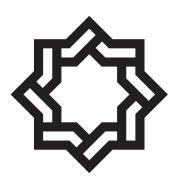
≩ App.	Description	Web-link
Prophet Muh	ammad's (PBUH) Biography	
"Seerah"	Have you ever wondered how <i>Prophet Muhammad</i> 's childhood (PBUH) was like? The "Seerah" App will answer the questions for you. It is an interactive Islamic app for Kids about <i>Prophet Muhammad</i> (PBUH) and the beginning of Islam.	
Ramadhan		
"Ramadan- Legacy"	A fully featured App for Ramadhan. A tool that equips and empowers peopleforthejourney of Ramadhan.	*
Pilgrimage		
"Salaam by HajjNet"	The Salaam App is the first of Hajjnet's mobile and web products, designed to guide pilgrims—step-by-step—through the <i>Hajj</i> and <i>Umrah</i> process. The Salaam App has ranked in the top 10 in Travel in Apples App Store in 59 countries as well as being chosen in both New & Noteworthy and Best New Apps.	mahwide.com/ the-21-most-in- novative-glob- al-muslim- apps-of-2017-



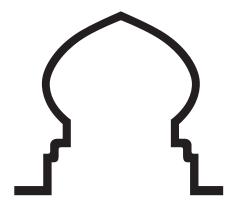
۲.								
	≩ App.	Web-link						
	Islamic Heritaş							
	"Islamic GPS"	"Islamic GPS" is an augmented reality App that has been designed to help the user discover and connect with breath-taking Islamic heritage sights around the world in a completely enriching way.	lamicgps.com					
	Halal Business	/Mosque Locater						
	"Zabiha"	It provides a global halal list for restaurants, stores and mosques. It has a <i>GPS built-in functional-ity</i> that will make your exploration of businesses serving halal foods/goods, whether traveling abroad or in the vicinity of your local residence area easy and fun.	hah.com					



Description	ŵeb-link										
nvesting (FinTech, New York, United States of America)											
A mobile based platform to make halal investing easy and accessible to Muslims around the world. Some of the features: 1) Fractional shares (aka dollar based investing), meaning you can invest as little as \$5 to own a piece of Google; 2) Practice and live trading accounts, for people who aren't comfortable yet investing their money but want to start learning.	-										
	Tech, New York, United States of Ame A mobile based platform to make halal investing easy and accessible to Muslims around the world. Some of the features: 1) Fractional shares (aka dollar based investing), meaning you can invest as little as \$5 to own a piece of Google; 2) Practice and live trading accounts, for people who aren't comfortable yet investing their										



§App Description **@**eb-link Halal Food & Technology "Scan Halal" For Muslims living in the West, https://play. much like Vegetarians, there are google.com/ constant questions about ingredi-store/apps/deents in the products we eat. With-|tails?id=com. out national halal certification anasrazzaq.scanbodies like exist in Muslim ma-|h a l a l & h l = e njority countries, very few products say whether or not they are halal on the packaging. "Scan Halal" has created a technology to simplify this for Halal conscious Muslim consumers. Simply download the App, scan the product in the store, and if the product is in their database of one million products, it will tell you whether the food is consumable, doubtful or if you should avoid eating it.



App	Description	ŵeb-link
Modest/Islami	c Fashion	
141001031/131011111	o i usimon	
"Souqina"	"Souqina" is a marketplace focused on modest/Islamic fashion. Sim- ilar to the design of Instagram, but with much more functional- ity, you can follow and purchase directly from bloggers and differ- ent designers around the world.	
"Modanisa"	The largest modest/Islamic fashion company in the world. Headquartered in Istanbul, with a goal of growing into a multi-billion dollar company over the next ten years. In 2017 the company sponsored the first ever international modest fashion week as they take on a bigger role as a leader in the global modest fashion space. Their App provides a great shopping experience in six different languages, making them one of the first truly global Muslim brands.	•







